



## checklist

☐  
YES ☐  
NO

Do you exercise regularly?

☐  
YES ☐  
NO

Do you take your time getting up to answer the phone or doorbell?

☐  
YES ☐  
NO

Do you keep walking areas and stairways clear of tripping hazards, such as papers, books, electrical cords, and shoes?

☐  
YES ☐  
NO

In winter are sidewalks, outdoor steps, and walkways clear of ice and snow?

☐  
YES ☐  
NO

Have you had an eye exam within the last year?

☐  
YES ☐  
NO

Do you have nightlights along the path between your bedroom and the bathroom?

☐  
YES ☐  
NO

Do you turn on the lights before you use the stairs?

☐  
YES ☐  
NO

Do you have easily accessible flashlights in case of power outage?

☐  
YES ☐  
NO

Are there non slip mats in and outside of bathtubs and showers?

☐  
YES ☐  
NO

Do you have grab bars in tubs, showers and near all toilets?

☐  
YES ☐  
NO

Do you wipe up spilled liquids right away?

☐  
YES ☐  
NO

Do you use throw rugs or mats with non-skid backing?

☐  
YES ☐  
NO

Is your carpeting in good condition?

☐  
YES ☐  
NO

Are there sturdy, easy to grip handrails on both sides of the stairs?

☐  
YES ☐  
NO

Do you wear sturdy, well fitting, low heeled shoes with non-slip soles?

☐  
YES ☐  
NO

Have you discussed all of your medications including their side effects with your physician or pharmacist?

For more information or further assistance, please call the Sandy Fire Department at 801-568-2930.

